

BOOK REVIEW

AMANDA MCQUADE CRAWFORD. 1997. **Herbal Remedies for Women: Discover Nature's Wonderful Secrets just for Women.** (ISBN 0-7615-0980-1, pbk.). Prima Publishing, P.O. Box 1260BK, Rocklin, CA 95677, www.primahealth.com, 800-632-8676, 916-632-4400). \$18.00, pbk., 291 pp., illustrations, 7 3/8" × 9 1/4".

There is currently much interest in herbal remedies and the proliferation of publications dealing with herbal medicine reflects the acceptance of herbal remedies as a useful alternative to "traditional" medicine as well as the general public's increasing fascination with this topic. Most herbals deal with a wide range of diseases and conditions, and may be overwhelming to the beginning student of herbal therapy. This book is designed specifically to address the particular health needs of women, and is full of information on nearly every problem from anemia to varicose veins.

Amanda McQuade Crawford has spent a lifetime studying and teaching about herbal therapies. She recognized a need to provide information specifically to women, and to the medical personnel in women's clinics, about alternative treatments for conditions and disorders that often have a profound impact on the quality of life for women.

The first portion of this book deals with some basic information about plants, plant collecting, specific actions of useful herbs, and terminology associated with the preparation of herbal remedies. The remainder of the book deals with specific problems associated with menses, reproduction, menopause, sexually transmitted diseases and "abnormal cell growth." McQuade provides easily understandable definitions of each disease or condition, followed by a discussion of symptoms, causes and conventional medical treatments. She then provides good descriptions of alternative herbal therapies including specific herbal formulas and recommendations for proper nutrition and exercise to complement the herbal treatments. She is also careful to point out what treatments are and are not appropriate during pregnancy and lactation.

The book contains several appendices including: sources for purchasing herbal products, as well as fresh and dried herbs; educational resources; organizations with information or databases on herbal practitioners or suppliers of herbal information and products; and lists of journals devoted to the dissemination of information on herbal medicine.

If you are a woman who is interested in or a user of herbal remedies or a medical practitioner who is interested in incorporating herbal therapies into traditional medical practice, this is the book for you.—*Debra K. Trock, Botanical Research Institute of Texas, 509 Pecan, Fort Worth, TX 76102-4060, U.S.A., dtrock@brit.org.*